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The Future of Food

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Image via Paramount Pictures

Maturity leave

I'm at a marvelous point in life where I am financially self-sufficient but still short of that next step—when one settles into a real job and can truly start making some decent bank. I pay my bills, manage to clean up my apartment so it's not a total dump, and forage for food at my local No Frills on a regular basis. Am I an adult? Am I mature? Or is all of this just irrelevant information trying to conceal the fact I'm definitely nothing more than just a big kid?

I've worked two to three jobs more or less seven days a week for the last two years or so—does that qualify me for the next level? I'm probably just as likely to laugh at a decidedly childish fart joke as I am a musical pun if someone's been Haydn one away. Where's the line? Is there one?

No. There isn't a set mark, at least not a hard one. For the most part, as in when someone calls you one or the other, maturity is

merely a perception others have of you, and one that—even as a perception (a.k.a. someone's *opinion*)—isn't necessarily correct. Most people in our lives aren't conscious of every last minute detail that affects our day-to-day existence, and this is important because maturity is a whole equation; it can't be calculated with only a fraction of the picture.

I had drinks a few weeks ago with a pal who has only ever seen me in a recreational context—purely fun friends. I like to try and stay positive, goof off, laugh hysterically at inane moments, and even have a bit too much to drink from time to time...*when I'm hanging out*. He has never seen me work, struggle through hardship, or even perform the most basic of tasks we consider to be “adult.” In short, the only time we interact is when there's a pitcher on the table and some laughs being shared with similarly

inebriated chums. I suppose it should have come as little surprise to me, then, when I mentioned how I thought I wanted something more mature from romantic pursuits that he snorted and replied, “Ha! You?!”

It definitely stung a bit. I guess it's fair though. If that's the only time he sees me, it stands to reason that that's the impression he'll have.

That's really something that everyone needs to remember because if those are the only occasions when you're with those people you should both understand and not be bothered by what they think. You should have enough self-confidence as well as an awareness of the character you've painted for them to be able to accept it. Which leads to the timeless question of “Who cares?”

As is always the case with personal thinking, ultimately

your opinion matters the most. Maturity isn't in the same category as embarrassment—it is more than a figment of your imagination—but no one, save the closest people in your life, can genuinely make an accurate assessment of your character.

That doesn't mean you should completely disregard others' impressions of you—otherwise we can become self-centred, trompy jerks—but make sure that your guideline is formed from a healthy self-awareness. You know who you are. You know what you believe. You know how hard you work. You know your strengths and weaknesses. As long as you are comfortable with your personal growth and maturity, that's all that really matters.

Danke danke,

Eric Wilkins

Editor-in-Chief

i *Get to know us!*

- ☑ The Other Press has been Douglas College's student newspaper since 1976. Since 1978 we have been an autonomous publication, independent of the student union. We are a registered society under the Society Act of British Columbia, governed by an eight-person board of directors appointed by our staff. Our head office is located in the New Westminster campus.
- ☑ The Other Press is published weekly during the fall and winter semesters, and monthly during the summer. We receive our funding from a student levy collected through tuition fees every semester at registration, and from local and national advertising revenue. The Other Press is a member of the Canadian University Press (CUP), a syndicate of student newspapers that includes papers from all across Canada.
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NEWS

This issue:

- ✓ Controlling cannabis
- ✓ Revolutionary new hope for brain cancer patients
- ✓ Trudeau government to begin inquiry on missing indigenous women

And more!

Tragedy strikes in city of love

» Over 100 dead after organized attacks occur throughout Paris



Mercedes Deutscher
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What started out as a typical Friday night in Paris ended with tragedy when a series of organized attacks were performed throughout the city, resulting in the deaths of 124 civilians and over 300 injured. November 13 saw the worst attacks on France since WWII. These attacks were the second of their nature inflicted on France this year, following the Charlie Hebdo attacks that occurred this past January.

The Attacks

The first of six attacks throughout the French capital started around 9:30 p.m. CET (Central European Time) at Stade de France during an exhibition soccer match between France and Germany. Footage of the match reveals the sounds of two explosions, detonated by suicide bombers outside of the stadium. There was little reaction the first explosion, as many had believed the noise to simply be a firework. The second explosion garnered more attention, although the match continued and France won 2–0. The French president, François Hollande, was in attendance

and appeared worried after the second explosion. Hollande was evacuated during halftime. It was later revealed that the two bombings had resulted in four deaths.

A series of attacks began at local eateries, starting at Le Carillon, a café-bar, and Le Petit Cambodge, a restaurant nearby. Conflicting reports suggest that between 11 and 18 people were killed at the establishments.

Another restaurant, La Casa Nostra, fell victim to attack when a man opened fire from the outside with a machine gun while riding by on a scooter. Five were killed.

The final two restaurant attacks took place at La Belle Equipe, where 19 were killed; and Boulevard Voltaire, which saw no deaths but one person severely injured.

Meanwhile, 1,500 people were attending a concert by American band the Eagles of Death Metal at the Bataclan Theatre. Four men were reported to have calmly entered the building, and they proceeded to open fire into the crowd. Most of those in attendance, including the band playing, escaped relatively unharmed. Approximately 100 were held hostage by the attackers. Shortly after midnight, police attempted to enter the theatre as they

believed that the perpetrators had begun to kill the hostages, which lead the attackers to throw grenades into the crowd and detonate their suicide bombs. A total of 87 people were killed at the theatre.

The Perpatrators

The attacks were conducted by at least eight trained men, most of whom have been accounted for as of this printing.

ISIS, the radical Islamic terrorist group that has laid siege to countries throughout the Middle East and murdering captives for years, confirmed on November 14 that they are responsible for the attacks, and claimed that these attacks were only the beginning of a series.

French Response

After being evacuated from the soccer match, Hollande addressed his country at 11:02 p.m. Hollande placed the entire country in a state of emergency and temporarily closed the border, ensuring that no one could leave or enter France.

The city of Paris was placed under a curfew and all residents were urged to get themselves indoors. From there, 1,500 French soldiers were deployed into the city to help create order.

Hollande also announced that he would be cancelling his appearance at the G20 summit in Turkey, which he was to attend on November 15. Finally, he decided that France would take three days of mourning.

Several businesses and institutions remained closed on the day following the attacks. Uber suspended its service. Both the Eiffel Tower and Disneyland Paris closed their gates.

During the attacks, Parisians took to social media with the hashtag #PorteOuverte, meaning open door. The hashtag was a sign of a helping hand, made by those offering refuge to those who were stranded in the city or who had no means of getting home.

Facebook offered a safety feature that allowed those in Paris to check in as safe, which helped reassure the heavy hearts and minds of many.

International Response

US President Barack Obama was among the first to make a statement on the attacks. In a televised address, Obama offered condolences and support to “America’s oldest ally.”

“Obviously, those of us here in the United States know what it’s like. We have

gone through these kinds of episodes ourselves,” explained Obama. “And whenever these kinds of attacks happened, we’ve always been able to count on the French people to stand with us. They have been an extraordinary counter-terrorism partner. And we intend to be there with them in that same fashion.”

Prime Minister Justin Trudeau was getting ready to embark to Turkey for the G20 summit when news of the attacks broke. Prior to departing, Trudeau made the following statement from the Ottawa airport at an impromptu news conference:

“We have offered all of our help and support to the government of France, to the people of France at this time. And we’ll continue to engage with our allies around the world in ensuring the safety of Canadians and others both here at home and around the world.”

Leaders from all of the opposition parties also had kind words of support.

People from around the world have offered their support and condolences to the people of France, particularly on social media, with the use of the hashtag #PrayForParis and a new Facebook filter resembling the French flag.

Christian Hartman/Reuters



Photo by Aaron Guillen

An extra shot of employment: Starbucks Canada's initiative

» Rollout plan to aid youth unemployment nationwide

Aaron Guillen
Staff Reporter

For those unemployed in Vancouver, Starbucks Canada has invigorated the potential job market. On November 10, at a press release in the Downtown Eastside, Michelle Stilwell, BC's Minister of Social Development and Social Innovation, alongside Caroline Ternes, regional VP for the Western region of Starbucks Canada, explained how their partnership will bring a change to youth unemployment in the Lower Mainland.

"At Starbucks, we believe

that everyone who wants a job should have a job, and we're concerned over the number of youth who can't find work or the opportunities to be successful," said Ternes. "Every business has a role to play in creating opportunities to help Canadian youth succeed in today's economy, and we are pleased to have developed ground-breaking partnerships that allow us to provide real solutions. By supporting these young people, we will create real pathways of opportunity for them while driving our business

forward and strengthening the communities we serve."

According to Statistics Canada, unemployment rates for youth aged 15-24 are 10.6 per cent as of January 2015. In contrast, the overall unemployment rate in BC is six per cent, and seven per cent in Canada as a whole. These rates will take time to decrease. The hopes of the partnership between the province and Starbucks is to draw the attention of youth who have the desire to work, but don't have the means.

Their vigour and passion, as a previously untapped resource, will be beneficial for their future financial well-being and will boost the economy.

"This partnership between WorkBC centres and Starbucks will benefit hundreds of youth in the Lower Mainland. To many, it's much more than just a job—it can be the starting point for their dreams, ambitions, and goals in life," said Stilwell. "While BC currently has the lowest youth unemployment rate in Canada, there are still too many young people who

face barriers to employment. The commitment and support from Starbucks and the WorkBC centres will open doors for more than 330 young people in Vancouver, giving them an opportunity to work at Starbucks, build their skills, and find new opportunities."

Probably the most attention-grabbing announcement throughout the press release was the fact that 10 per cent of all new hires will go to young people between the ages of 16-24 who aren't working or attending school.

Missing person's case resolved quickly, questioned by public

» Alyssa Amarshi lost and found in 24 hours



Adam Tatelman
Staff Writer

Alyssa Amarshi, a 25-year-old woman from Vancouver, was reported missing when she did not come home when expected on November 8. In a public appeal for information, the RCMP described her as South Asian, 5'2" tall and 100 pounds with a slender build, long black hair, and brown eyes.

The RCMP claimed that Amarshi was last seen at 1:30 a.m. on November 8, and that it was out of character for her to not contact her family regularly. She had been last seen in Surrey, and police speculated that she may have been travelling to her home in Burnaby at the time of her disappearance, driving a blue two-door 2013 Honda Civic.

Fortunately, Amarshi was located in under 24 hours, reappearing later that evening. Neither the police

nor Amarshi's family have disclosed the circumstances of her return—only that they do not suspect any foul play.

As Amarshi is also known to frequent the Vancouver area, the RCMP had invited anyone with information on her whereabouts to call Burnaby RCMP, the Surrey RCMP, or CrimeStoppers to assist with the investigation. Curiously, the RCMP categorized Amarshi as a "high risk" missing person, but did not disclose the reason for this classification.

High risk missing person's cases are given priority during investigations, and are people who receive this classification are usually 12 years of age or younger, senior citizens, and the mentally or physically handicapped. The law was recently amended to also include homeless persons, sex workers, those suffering from alcohol or drug addictions, and "anyone who may be subject of a cultural bias" as high risk

individuals. Given the extensive list, it is difficult to say precisely why Amarshi was considered a high risk missing person.

Amarshi's case has been widely reported over the past few days, with news outlets like the *Vancouver Sun*, the *Province*, and CBC News covering both the disappearance and reappearance. Some were confused at the time frame, believing that the investigators and reporters were too hasty because Amarshi had not yet been missing for 24 hours. According to the Canadian Centre for Information on Missing Adults, there is no waiting period when reporting a disappearance, contrary to popular belief.

Reporting a loved one missing is a simple procedure. After contacting the local authorities, there is a Missing Person's checklist to fill out. This list covers basic information such as physical



Image via facebook

description, habits and personality, clothing when last seen, any known trip or vacation plans, last time and place the missing person was seen, overall health and condition, plus a list of people the individual might contact. Supplying the police with any supplementary items such as personal effects,

written documents, or DNA samples is also helpful.

According to the Vancouver Police Department website, the Missing Persons Unit investigates roughly 2,500 cases yearly, with unresolved cases numbering between 5-12 by year's end; 99.5 per cent of all cases are solved.

Controlling cannabis

» The future of marijuana in Canada



Chandler Walter
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Of the many election promises Justin Trudeau made during his marathon campaign, there was one in particular that struck a chord with some Vancouverites.

The legalization of marijuana was a staple in the Liberal platform, and the Liberal Party website states: “To ensure that we keep marijuana out of the hands of children, and the profits out of the hands of criminals, we will legalize, regulate, and restrict access to marijuana.”

Justin Kokoszka, a third year physical geography student at Simon Fraser University, believes the promise to be a good thing for Canadians as it will increase tax revenue. From a social stand point, however, Kokoszka doesn’t think it will have much effect on Vancouverites: “I think the novelty of it might increase, and the visible use of it, but it’s pretty easy to get regardless.”

This is in part due to the number of medical marijuana dispensaries around Vancouver, and the city’s overall philosophy on the subject. Vancouver is home to Mark Emery’s Cannabis Culture Headquarters, which features a head shop downstairs and a vapour lounge in the two

upper floors, where Megan McRae works as a photographer and “Stoner Advisor.”

“I think it would be very smart to open up lounges like this all over the world,” McRae said during an interview in the second floor of Cannabis Culture’s lounge. “You’re getting [workers] who are experienced with people that are over consuming. You get people who are excited; they green out. We know how to deal with that.”

McRae explained that the lounge existed legally due to the city of Vancouver’s leniency towards marijuana, and went on to express concern in Prime Minister Justin Trudeau’s promise of legalization: “I just hope he lives up to his promises, and I really want to get the message out there that any activist that really believes in this should get their voices heard.”

What regulation would look like once in place is still to be determined, and Mark Haden, an Adjunct Professor at UBC’s School of Population and Public Health, explained that there are two sides to that spectrum. He said that when looking at how marijuana is regulated in the United States, it is something of a mixed bag. “Some of it is more commercial, some is more public health regulation. If I had to draw that as a continuum, public health on one end and commercial



Illustration by Ed Appleby

on the other, I would say that the American model is more on the commercial end.”

The difference between the two, Haden said, has to do with how the products and storefronts are displayed. He said that in the public health model, “you get products that are named, graded, and categorized by

scientists. You don’t have Hindu Kush or Blueberry, what you have is strain one, two, three, four, or five, and then they terpene profile the CBD (Cannabidiol) and the THC (Tetrahydrocannabinol) concentration on the labels.” The commercial model has storefronts that are geared to look funkier

and more appealing.

When and if all Canadians will see dispensaries and lounges pop up in their cities is still to be decided, though Justin Kokoszka noted that here in Vancouver, it will stay the same. “Like I said, it’s pretty easy to get anyways, and I’ve seen people smoke joints on the street already.”

Revolutionary new hope for brain cancer patients

» Canadian hospital treats brain tumour without invasive procedure, world’s first

Aaron Guillen
Staff Reporter

Recently, neuroscientists at Sunnybrook Health Sciences Centre in Toronto have made significant progress in how brain cancer is treated. In a ground-breaking procedure performed only weeks ago, Dr. Todd Mainprize has lead the study into delivering medication into the brain through a non-intrusive technique.

Mainprize noted to CTV News that from 1940 to 2005 there wasn’t much improvement in the approach to treating brain cancer. The obstacle facing doctors around the world has been the blood-brain barrier.

“The blood-brain barrier has long been an obstacle for doctors trying to treat brain diseases. The barrier is a layer of tightly packed cells that act

like plastic wrap, surrounding each of the brain’s blood vessels, protecting them from infections and toxins,” explained CTV News.

While this “saran wrap” protector shields the brain against harmful substances, it ironically prevents the life-saving medication much-needed to cure diseases such as brain cancer, Alzheimer’s disease, and Parkinson’s disease. For years, scientists have been looking for a solution to this problem because treatments to the brain, such as chemotherapy, have only been effective up to 25 per cent of the time, if ever.

Finally, in an attempt to break through the saran wrap, doctors have successfully formulated a brilliant plan. First, a dosage of chemotherapy is given to the patient, determined by the situation. Secondly, microscopic bubbles

of air, completely harmless, are injected into the bloodstream. Lastly, using an MRI, an intense ultrasound beam is projected onto a specific area that causes the bubbles to vibrate and break temporary holes in the saran wrap, thus allowing the medication to reach the brain tissue.

With the help from Bonny Hall, a woman who had recently developed a cancerous tumour in her brain, the first treatment was successfully performed. The team of neuroscientists watched in awe as the procedure went flawlessly, opening two spots through which chemotherapy passed through the blood-brain barrier, something never before accomplished.

“Breaching this barrier opens up a new frontier in treating brain disorders. We are encouraged by the momentum building for the use of focused

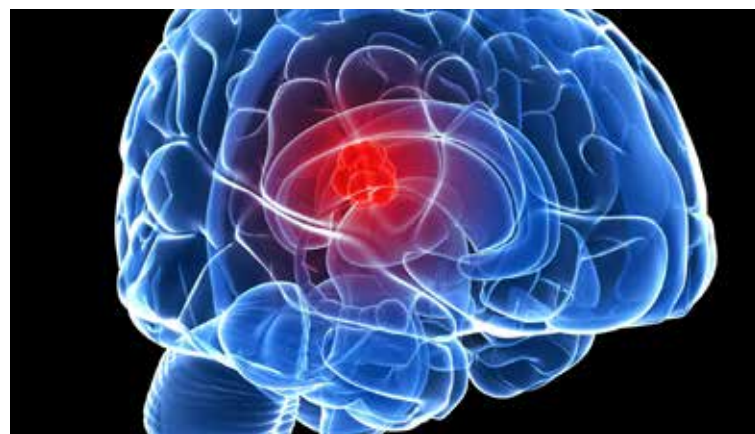


Image via www.medtouradvisor.com

ultrasound to non-invasively deliver therapies for a number of brain disorders,” said Dr. Neal Kassell, chairman of the Focused Ultrasound Foundation to Global News.

Later in the day, Hall had her skull surgically opened for the majority of her tumour to be removed. For the next few weeks, Mainprize and his associates will be studying the extracted tumour for evidence

of effective chemotherapy applied through the blood-brain barrier. The team of neuroscientists is hoping to successfully achieve a 100 per cent rate when performing the procedure to nine additional patients. Until then, Hall will be recovering and living every day to the fullest.

“My hope is that I can just be a normal mom, a normal grandma,” she said to CTV.

Trudeau government to begin inquiry on missing indigenous women

» Indigenous and Northern Affairs Minister Carolyn Bennett makes first statement



Mercedes Deutscher
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Staying true to their election promise of beginning an inquiry into the numerous cases of missing and murdered Aboriginal women, the Liberal Party will be launching an inquiry by the end of November.

Carolyn Bennett, the newly appointed Minister of Indigenous and Northern Affairs, explained to the *Canadian Press* how the process will work. It will begin with asking the families of the victimized women for their accounts of the incidents.

"A gathering is important with the families, but I think that we feel that we will have to go out and talk to people who can't come here and listen," said Bennett in the *Canadian Press* interview. "I would see that there would be also an online opportunity."

From there, the inquiry will involve the provincial and territorial governments, and the representatives of grassroots (civilian operated)



Image via www.huffingtonpost.ca

organizations. The inquiry is expected to cost around \$40 million, as promised during the election.

Building trust is the first of many steps that must be taken in order to conduct a successful inquiry. Many in Canada's indigenous population have grown distrustful of the federal

government, particularly during the term of Stephen Harper, who had stated that such an inquiry would not be conducted by the Conservative government, and they would instead work to prevent further incidents. Bennett will be instructing her resources throughout the country to get a

general idea of how trustworthy the Aboriginal population believes the government to be, before moving on to reconcile any problems.

The move has had a positive reception from chiefs across the country.

Another method of regaining the trust of the

indigenous population will involve increasing federal funding to Aboriginal resources.

In regards to increasing support, Bennett said: "We intend to look at how we go forward with this fastest growing segment of the Canadian population being able to benefit from the programs that will allow them to be successful."

The inquiry has also been suggested to observe records of violence that often occur around indigenous communities. "I think most people that I've been listening to want the scope to be broad enough to deal with those complex issues," Bennett added.

Interim Conservative Leader Rona Ambrose offered her support of the inquiry. This news came as a relief to Bennett, who believes that the inquiry will be most successful with the approval and assistance from all parties in Parliament, as it will result in fewer delays, and lead to discovering what happened to these women and offering closure sooner.

Eye strain? No problem!

» New glasses can protect eyes from harmful blue light rays

Aaron Guillen
Staff Reporter

In the digital age, most people have spent a lot of time staring at a computer screen, often for hours on end—it might be for a job, a final research essay, a game, or a Netflix binge. Those extensive periods of mindless staring, can cause blurring of eyesight, headaches, and back or neck muscle pain. Yet what is so bad about watching more YouTube videos than usual? The light that is emitted from these devices holds the answer.

"Blue wavelengths—which are beneficial during daylight hours because they boost attention, reaction times, and mood—seem to be the most disruptive at night. And the proliferation of electronics with screens, as well as energy-efficient lighting, is increasing our exposure to blue wavelengths, especially after sundown," states a health publication at Harvard Medical School.

In the past, people were

exposed to light from the sun, then from fire, and now technology. With multiple devices owned, we are constantly exposed to the light that these electronics radiate every time we turn them on.

High Energy Visible (HEV) blue light causes havoc in the brain. It is known to cause blurred vision, headaches, dry eyes, and, worst of all, sleeping problems. The release of melatonin, well-known for its ability to control your sleep cycle, is disturbed by the imitation of daylight from your electronics, making it difficult to fall asleep.

According to the 2014 Vision Watch survey results, nearly 3 in 10 adults (29.8 per cent) are high users, spending more than 9 hours each day using digital devices. With a recommended two hours spent staring at screens per day from the Vision Council, the eyesight of millions around the world is slowly deteriorating.

Fortunately, Clearly, a well-known Vancouver company that sells glasses, has the first



Image via thinkstock

steps to a solution. Recently, the company collaborated with Kodak to bring a whole new way to see the world, all while protecting your eyes from blue

light.

The lenses "reflect and filter blue light emitted by digital devices and artificial light," states Clearly's website.

This innovation in technology will surely enable generations to come to work more efficiently, without causing damage to their eyes.

Have an idea for a story? Let us know!

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ARTS

This issue:

- ✓ Shanley's greatest hits in 'Bard of the Bronx'
 - ✓ Chairman of the Board: Darkest Europe
 - ✓ Everything old is new again
- And more!

Kickstarter in the Community: High school hijinks and magical monsters

» Cloudscape Comics to publish graphic novel of online comic series



Cheryl Minns
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Vancouver's Cloudscape Comics has successfully funded several anthology graphic novels by multiple authors through the crowdfunding website Kickstarter. This time, the society is fundraising for a graphic novel by a single artist, *Last Night at Wyrmswood High* by Kathleen Gros.

The Kickstarter campaign has a fundraising goal of \$1,000, but it has already raised more than double that from over 50 backers. For their donations, campaign backers can receive rewards of Gros' work, including digital and print copies of *Last Night at Wyrmswood High*; print copies of her illustrated novella *New Divinations* and the Cloudscape Comics' graphic novel anthology *Waterlogged: Tales from the Seventh Sea*; an original ink sketch; and an illustration of the backer as a monster in the yearbook section of the graphic novel. One of the most popular rewards is the 84-page print copy of the graphic novel.

The *Other Press* spoke with Gros about *Last Night at Wyrmswood High*, discussing where the story came from and what will happen next in the series.

What inspired the online comic series *Last Night at Wyrmswood High*?

About a year prior to starting the comic that became *Last Night at Wyrmswood High*, I made a short story about a witch and her werewolf best friend going to a high school dance. I had so much fun working with those characters that I started imagining the wider world around them, their families, and the logic that applied to the world, which planted the seed for the story of *Last Night at Wyrmswood High*.

How did you decide which type of monster each of the characters would be?

I love werewolves a lot. There's just something about them. They're my favourite monster, which is why Amber, the protagonist, is one. Vampires are fun too, hence Tiffany being one. And for Steph, the last girl in our trio of protagonists, I went with a lizard girl because—despite not being a classic monster—she seemed like she'd be fun to draw.

Did you have an overall plan for the story when you started writing and illustrating it? Or did you write and illustrate the story from comic-to-comic?

I had the whole thing planned pretty much from the beginning. Initially I was writing *Wyrmswood High* page-by-page without any structure or planning, but I got about 12 pages in and realized that the path I was on wasn't going to work out. So I put aside that first attempt and decided to start over.

How did you start over?

I had the good fortune to be in

a Graphic Novels class taught by Durwin Talon at Emily Carr University of Art and Design. The goal of the course was to have a minimum 72-page graphic novel written and thumbnailed by the end of the semester. It was a great course. It helped me a lot with figuring out how exactly I wanted the story to work. By the end of the semester I had the thing written, thumbnailed, and ready to be pencilled. I think I drew the book in about four months over the summer vacation between the third and fourth year of my program. So, by the time it was being posted online, I'd actually finished the whole thing.

How did you feel when you heard Cloudscape Comics would be publishing your book?

I was so thrilled they wanted to publish it. I kind of didn't believe it at first. It's been such a great experience. Getting to work with Jonathan Dalton, my editor, has been wonderful. He really knows what he's doing and has helped me make the book the best it can be.

How did you feel when the Kickstarter campaign raised more than double the original funding goal?

I'm so grateful. I don't even have words for it. It's so wonderful.

Will there be any more *Wyrmswood High* comics?

There may be. I enjoy writing and drawing the *Wyrmswood* universe and I've got a couple of ideas for other stories set in



Image via kickstarter

that world. But right now I'm focusing on some other projects.

In October, you were involved in the Cloudscape Comics project Comics in Transit, which placed artists' comics on transit shelters across Vancouver. What was it like to take part in that?

That was so fun. I was glad Oliver McTavish-Wisden, Cloudscape's president, asked me to participate. I loved getting to see what

everyone else created. There were such different approaches, all equally fascinating. I spent an afternoon travelling around the city to look at them all. It was the best scavenger hunt.

For more information on Last Night at Wyrmswood High, check out WyrmswoodHigh.com.

To check out the graphic novel's Kickstarter campaign, go to Kickstarter.com

Bad ballerinas

» 'Flesh and Bone' pilot review

Lauren Paulsen
Senior Columnist



Flesh and Bone is packed full of story and plot as well as beautiful dancing.

Claire (Sarah Hay) is a young, talented ballerina that runs away from home and joins a tough-to-get-into dance program in New York. She manages to catch the eye of Paul (Ben Daniels), the person in charge, inevitably sparking jealousy from the

other girls in the program.

I took two major points away from this pilot episode. The first is that nearly every person in this show has a dark, horrendous side. The second is that I never want to be a professional ballet dancer. I used to take dance lessons when I was younger, until my health deteriorated, and never did I imagine it could be so cutthroat. The things these girls go through to try and make it big horrify my moral compass. I don't think any of them have managed to remain undamaged.

The story is so intriguing

that I was totally pulled into the world of *Flesh and Bone*. A lot is left for your mind to work out because things aren't blatantly spelled out. For example, we learn Claire is running away from home at the beginning of the episode, but it isn't until the very end that we see something that makes us draw conclusions as to why. The end also ties several other points in the episode together and gives you a new perspective when you look back.

I certainly liked *Flesh and Bone*. I have to say that the drama reminded me a lot of *Game of*



Image via Starz

Thrones, despite their plots and genres being quite different. There may not be any beheadings here,

but no one is left unscathed in the terrifying world of becoming a professional ballerina.

Shanley's greatest hits in 'Bard of the Bronx'

» Douglas College's anthology play a little off-key



Adam Tatelman
Staff Writer

In the world of Broadway, John Patrick Shanley is the giant on whose shoulders other playwrights stand. A Pulitzer and Tony award-winning writer for screen and stage, he has penned over 23 plays since his debut in 1982, often directing his own work and continuing to write to this day. In celebration of his long and influential career, Douglas College's *Bard of the Bronx* collects scenes from his most well-regarded plays and films.

The unique difficulty with arranging anthology plays is that each scene must function as a thematic emissary for the play it's taken from without the benefit of any rising action. Getting to the point in this way is easier to do on film thanks to dramatic camera work and editing studios. On stage, the actors must rise to the occasion and tell an entire play's story in one scene.

Noah Oryema was a crowd pleaser as both Aldo and Ronny, characters from Shanley's famous comedies *Italian American Reconciliation* and *Moonstruck*. He's one of those rare comedic actors who can get a laugh just by being on stage. Loretta Castorini's (Alice Knechtel) elopement with Ronny is one of the crowning comedic moments of the play, and it's clear both

actors are enjoying their work.

Though *Savage in Limbo* isn't my favorite Shanley play, Lily Gillette makes a compelling case for borderline certifiable drunk April White. Her endless nervous tics were disturbing to watch and her stilted dialogue was morbidly comic. In the role of Linda Rotunda, Pamela Martinez shows a striking talent for bursting into tears at the drop of a hat, one of the toughest things for most actors to accomplish. Rounding out the scene, Chantelle Pryzyk brings a genuine frustration to Denise Savage, one of the most repressed characters Shanley's ever written.

Despite the palpable tension in her performance, I can't help but feel Shannon Lindsey Tauber got the short end of the stick as Sister Aloysius. *Doubt: A Parable* was a great work of drama, and I would have liked to see what she could do with one of the more pivotal scenes.

Of the actors in the scene from *Women of Manhattan*, Rebecca Troock was my personal favorite. She is very skilled at affecting the superficial high-class malaise that characterizes the play, and she wears the opulent costumes well. Her turn as the tortured Roberta in *Danny and the Deep Blue Sea* opposite returning Douglas College theatre alumni Parker Thompson is both unexpected and effective.

The set only contains some

tables, chairs, a backdrop with the occasional film projection, and a hidden double-door. Considering the size of the Laura C. Muir Performing Arts Theatre, that's a lot of space to fill. These are not small challenges for a troupe of student actors to overcome, but in placing incredible pressure on the actors they create some outstanding work as a result.

However, there were some details in the performance that didn't work for me. I found the accents to be inconsistent at best—in striving for an Italian-American accent, the cast seems to have overshot the mark and hit a Long Island Jewish accent instead. A little more work in this area would have cleared up a lot of my concerns.

While it is a nice gesture to arrange for all the actors to play significant roles, I personally would prefer a full-length Shanley play to a segmented anthology. The actors are to be applauded for facing the difficulties presented by this format, even if the work subverts the original dramatic structure.

Catch *Bard of the Bronx* from now until November 20 at the Laura C. Muir Performing Arts Theatre at the Douglas College New Westminster campus. Shows start at 7:30 p.m. Tickets are \$20 each, or \$10 for students, and are available through Tickets New West at TicketsNW.ca

Comic Corner: Breaking tradition for the best

» 'Batman: War Games Act 1: Outbreak' review



Image via toonzone.net



Brittney MacDonald
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In a lot of ways, I'm a stickler for tradition, especially when it comes to anything Batman. Why mess with a good thing, right? But even I can admit when I'm wrong. *Outbreak* is anything but your typical Batman story, and I loved every minute of it.

War has broken out in Gotham. The local gangs are at each other's throats, and it's up to Batman to find out why, especially because he recognizes the tactical strategy used as one of his own "war games"—a hypothetical plan to get his enemies to wipe each other out. The problem is he didn't set these cogs in motion, which begs the question as to who did.

Group effort doesn't even begin to cover the collection of names associated with this work. *Outbreak* alone was written by Ed Brubaker, Andersen

Gabrych, Devin Grayson, Dylan Horrocks, A. J. Lieberman, and Bill Willingham. Normally I find works penned by a collective can come off as disjointed or cliché. *Outbreak*, however, manages to avoid all of that. The plot itself is consistent and surprising.

Art-wise, I liked this book. It is extremely detailed and very traditional. I had a slight issue with the colouring, though. Throughout most of the book, colour contrast is used to emphasize shadows without simply blacking everything out. This works for the majority of the book, but there are occasions where characters come off as looking orange because of it. The art was also a collective effort between Paul Gulacy, Brad Walker, Giuseppe Camuncoli, Al Barrionuevo, and Francis Portela, among others. In this case, the collective was a little less successful, but only a little.

Would I recommend this book? Most definitely, but be prepared to see some unfamiliar faces if you're not as well-versed in the Batman universe.

Action-packed adventure in 'Agent X'

» 'Agent X' pilot review

Lauren Paulsen
Senior Columnist



Agent X is an action-packed new series about the new vice president of the United States, Natalie Maccabee (Sharon Stone), and the secret agent she inherits with her new job, John Case (Jeff Hephner). Not even the president is aware of the secret missions going on under his nose, and he wants to keep it that way.

This pilot episode is incredibly full of action. It is obviously the main point of the show. The plot is fairly mediocre and predictable. I also found an obvious continuity blunder

towards the beginning of the episode: a bad guy was shot in the left shoulder, but in the next scene it was his right shoulder that was bloody. I figured that was foreshadowing of a shoddy, poorly done episode, but luckily I didn't notice any other blunders in the filming.

Despite the flaws, *Agent X* could be enjoyable when you want to watch some mindless TV and don't feel like digging around for any deeper meaning. I have a feeling each episode will follow the same structure plot-wise, but hopefully there will be some variation. I'd have to watch more to find out if my hunch is correct.

All in all, the show could totally tank in the end, but the action should be fun.



Image via TNT

Fresh faces and familiar functions in new 'Fallout' game

» 'Fallout 4' video game review

Jennifer Stefan
Contributor



Bethesda Softworks' highly anticipated *Fallout 4* is finally out in the wild! I, like many others, could hardly contain my excitement, and stepped into the wasteland the night it was released. Bethesda's *Fallout* games have never failed to impress, so there were a great deal of expectations surrounding this title.

Unlike other titles in the franchise, *Fallout 4* begins on a day we've only heard about: October 23, 2077, the very day the nuclear holocaust occurred and created the wasteland environments of the other games. The player begins at home in Boston, Massachusetts, in a 1920s-style neighbourhood with their spouse and child. There's also Codsworth, their robot butler. They spend some time with the family before everything goes wrong, causing a mad rush for the shelter of nearby Vault 111. The next time the player sees the surface is 200 years later.

The graphics in this game are excellent. I run a mid-range PC, so I was a bit concerned

about how that would affect the game, but the graphics were still smooth and detailed. This shows a lot in the characters, most notably in the character creation, which is far more intuitive than *Fallout* games of the past. Every bit of your character's face, from the forehead to the jawline, is available to sculpt, which involves the use of your cursor to mould the shape you desire. The familiar slider-controlled presets of the past are nowhere to be seen, though you can still choose premade characters and sculpt from there. Both the husband's and wife's appearance can be managed by the player, and these decisions affect what their baby looks like as well. *Fallout 4* looks its best with the highest settings possible, but is still playable and beautiful on lower settings.

Another major change is the ability to directly affect the world around you. For the first time, *Fallout 4* allows the player to build and customize their own settlements. The areas you can settle appear to be predetermined, but what you do with the space provided is completely up to you. I have spent hours with this feature already. You can build houses, manage food and water sources, and invite settlers to come and



Image via gamespot.com

live in the town you make. They will work, live, and defend it, so be sure to put up some defences so that no raiders can catch you unaware. This is still the wasteland, after all.

Shiny new things aside, *Fallout 4* feels very familiar. The hacking, combat, and lock-picking systems are the same as other titles in the series, which makes it very easy for veteran players to get back into it. It's almost like returning to a place you grew up in. There's no secret about what to do in this game, or where to go. The map system is the same, complete with the fast travel we all rely on. Your

quests and inventory are all in the same place you'd expect them to be. If you were looking for an entirely new system, this is probably not the place for you. But if you were looking for more *Fallout*, here you go.

If you're new to this, don't be afraid. It isn't necessary to have even touched the other *Fallout* games to get a good sense of the world, and it promises hours upon hours of fun and exploration. The story is a brand new one, and you're not pushed out into the world without a little guidance. While the wasteland isn't always friendly, it's certainly forgiving, and there

are several companions you can choose from to bring along if you'd rather not go it alone.

Overall, Bethesda Softworks delivered another successful open-world game, complete with new and returning features. If you're a fan of huge games with incredible environments, interesting characters, and the occasional morally ambivalent decision to make, I would definitely recommend *Fallout 4*. If you're like me and have been in the wasteland before, I'm just going to say what all the advertisements have been saying: Welcome home.

Chairman of the Board: Darkest Europe

» 'Bruges' game review



Ed Appleby
Illustrator

Euro-style games require a lot of strategy and not a lot of player interaction. You may be playing against other players, but they don't really affect how you play the game. *Bruges* takes this style of play and adds a healthy dose of backstabbing.

Bruges is a European style city-building game combining both dice rolling and hand management for 2-4 players designed by Stefan Feld and published by Z-Man games in 2013. Players use a combination of workers and money to move up in rank; build canals and houses; and house various artisans, city officials, and artists. As in many euro-style games, the majority of points are added up at the end depending on how you played and where you focused all of your resources.

There are several factors that make *Bruges* unique.

Florins, threats, and rank are all distributed by the roll of five multi-coloured dice. Workers are also divided into five different colours, with only certain colours able to activate certain cards.

The cards have the most control when it comes to gameplay. Players pick between the two decks, knowing the colour of the card when drawn but not who the card represents. Cards can be traded in for florins, workers, houses, canals; discarded to reduce threats; or used to hire the individual on the card, who modifies the rules to the benefit of their owner or adds new ways to score points at the end of the game.

Some characters can be used to burn down other players' buildings or increase threat levels. Once a threat is activated, the damage is extensive to the player, who can lose all florins accrued have their people, buildings, or canals destroyed.

The joy of this commerce game is that it is so dense



Illustration by Ed Appleby

that you literally cannot do everything you intend to. You find yourself selling off extremely valuable cards to gain quick

cash or mitigate threats. This is a great game for lovers of hardcore games with a complex and robust system. Setup and

scoring can be tedious, but the gameplay is quick, intuitive, and deliciously stressful

Kickstarter in the Community: From script to crowdfunding to screen

» Vancouver screening of short film 'Indigo'



Cheryl Minns
Arts Editor
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When Vancouver writer and director Jody Wilson came up with the short film *Indigo*, she put the project on Kickstarter in order to raise \$60,000 to cover production costs. After a 26-day campaign that concluded on October 6, 2014, the project raised \$60,140 from 148 backers. One year later, on November 11, the film appeared on the big screen at the Rio Theatre for a sold-out, one-night-only screening.

"I'm super proud of the film," Wilson said as she introduced the show. "The thing that I'm most proud of is that, for mostly everyone on this film, it is the first film that they've ever done."

The 20-minute short film follows Takumi (Kohei Shinozaki), a teenager who becomes convinced he's an alien

prince after he can't cope with the deaths of his parents. He's obsessed with returning to his home planet, and follows the guidance of his toy robot Doka (voiced by Rintaro Sawamoto), which he believes is a guardian in disguise that was sent to protect him on Earth. He's also obsessed with the teenage girl next door, Yoshimi (Elizabeth Davison), who he imagines seeing all the time but has only made eye contact with 14 times.

Wilson described *Indigo* in her Kickstarter video as a Japanese movie that offers a glimpse inside the complicated mind of a troubled young man. The short film is done in Japanese with English subtitles because, according to Wilson, it is a Japanese story that needed to be told in that language. This was an interesting choice for the team since most of them don't speak Japanese.

"We had a lot of great Japanese people who helped

us and made sure we got it right," Wilson said at the screening. "It was really important to me that the film was relatable to a Japanese person if they were to watch it."

Some of the people involved in the production were the backers from the Kickstarter campaign, who made specific donations for opportunities to participate in the film. Five backers gave at the \$1,000 donation level, which allowed them to each submit a prop to be used in the film. One backer gave at the \$2,500 donation level for the opportunity to help choose which song plays in the end credits. Two backers gave at the \$5,000 donation level, which got them Associate Producer credit on the film and let them choose from any of the previous level rewards.

For more information on *Indigo*, check out IHeartYoshimi.com



Image via facebook

Everything old is new again

» Redefining 'Hamlet' in National Theatre Live's production



Adam Tatelman
Staff Writer

The difficult thing about performing Shakespeare is finding a new and relevant way to present plays that have been produced for over 400 years. Given the archaic Elizabethan language, it can be difficult to present even the most universal of dramatic conflicts to a modern audience and still keep them interested. With *Hamlet* being an existential hero whose conflict is internal, he is consequentially one of the most difficult characters to make dynamic and entertaining. Surely, they say, it is hubris to think that any actor can reinvent the character after so long. Well, they didn't count on Benedict Cumberbatch.

Hamlet, Prince of Denmark, is deeply depressed following the death of his father, the King. His uncle, Claudius, has married the King's widow and *Hamlet*'s mother, Gertrude, and now rules Denmark. *Hamlet*'s father appears to him as a ghost, claiming that Claudius murdered him and commanding *Hamlet* to take revenge. Unsure of what is real or what course of action to take, *Hamlet* courts vengeful rage and suicidal guilt as the Norwegians

prepare for war with Denmark.

People get turned off of Shakespeare because they think they need a scholarly understanding of the language, but Shakespeare wrote all his plays to appeal to the highest dukes and the lowliest peasants alike. It's the actors' job to show you what the characters are going through even if you don't fully understand the words, and the folks at NTL are some of the best in the world at doing exactly that.

Some Shakespearean directors have been less than impressed with *Hamlet*. Collectively, they believe that *Hamlet* the character is not compelling because of his inertia. One of these directors, Charles Marowitz, directed a version of the play that cast *Hamlet* as a comical, childish figure. As *Hamlet*, Cumberbatch boldly courts that interpretation, redefining it as a coming-of-age story where life in isolation is the only alternative to the certain death that comes with personal growth and change.

None of the performances in the NTL production feel antiquated or romanticized. In fact, they are quite cynical. Claudius's (Ciarán Hinds) repentance feels self-serving: he's only sorry because he got caught. Gertrude (Anastasia Hille) is just the opposite: the weight



Image via John Persson

she carries is palpable. Laertes' (Kobna Holdbrook-Smith) grief over his sister's fate consumes him savagely. Ophelia's (Sian Brooke) descent into madness seems like actual schizophrenia.

These performances are reinforced by the set design. As the night watchman said, "Something is rotten in the state of Denmark." The set, a beautiful replica of a modern palace interior complete with branching rooms and balconies, is unceremoniously destroyed when the Norwegians approach.

It feels like someone dropped a bomb when, at the intermission, all the doors fly open and a storm of dirt coats the stage.

This end-of-days design is compelling, and it makes for many memorable moments. During *Hamlet*'s many soliloquies, the rest of the cast continues their action in the background, greyed out and moving in haunting slow motion. When the Ghost leaves the stage, he seems to melt into the shadows on the floor thanks to some clever lighting. In the final act, the destroyed

stage becomes equal parts battlefield, bombed-out castle, and graveyard—especially so in the final moments, where most of the cast lays dead on the ground.

This play is a testament to the power of reinvention—the human ability to make something old new again. Even if you've never seen a Shakespeare play, you owe it to yourself to take advantage of the rare and limited opportunity NTL has given us to see how they do theatre across the pond.

Have an idea for a story? Let us know!

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SPORTS



Photo by Davie Wong

Royals rising

» Women's basketball sweeps week

Davie Wong
Sports Reporter

While it was a bad week for one team, it certainly was a good week for this one. This week the women faced off against the undefeated Quest Kermodes and the middle-of-the-table Langara Falcons.

Action started on Friday against the visiting Kermodes, who were looking to extend their regular season undefeated streak to 25 games. Quest came to play. However, with the help of Simran Bir's excellent sharpshooting in the first half, the Royals were able to keep the match close—taking a two-point lead into halftime off of a last second shot.

After the first half, it was the excellent defence of the Royals that did the rest, keeping the Kermodes to just 25 points. The game was easily closed out as a stunned

Quest squad could do little in the second half to stop the offence of the Royals, who scored 36 points to finish. The final score was 70-57 for the Royals.

The energy of the team could only be described as jubilant as the team celebrated their first win against the Kermodes in a very long time. The team carried that same level of energy into their next game against the Langara Falcons.

The Falcons did well to meet the Royals in term of effort and caught them off guard early, gaining an early lead. They forced the Royals into taking bad shots the entire first half, but were limited by their own failures to convert. The stalwart defence of the Royals kept the onslaught of the Langara offence at bay and managed to take a tie into the second half.

It was during the second half that the Royals played their best

basketball of the weekend. While they only scored 20 points in the half, it was more than enough as they limited Langara to 9 points. Missed opportunities under pressure were the real story of this game; but at the end of the game, it was the Royals that came out on top, 61-42.

While happy with her team's victories, coach Courtney Gerwing believed that her team could have done better. "We hit shots when they mattered but I wouldn't say we have a shooting game outside of the paint of the moment. I feel like we settle on taking bad shots when we can pressure the interior better."

But she did recognize her team's effort to get the wins this weekend. "We buckled down defensively this weekend. We were much more competitive. We guarded the ball better and we attacked them more often."

This issue:

- ✓ Victory so close yet so far
- ✓ Player profile: Juliana Penner

And more!



WOMEN'S BASKETBALL

INSTITUTION	CONF	PTS
VIU	4-1	8
CAPILANO	4-1	8
DOUGLAS	4-1	8
QUEST	3-2	6
CBC	2-3	4
LANGARA	2-3	4
CAMOSUN	1-4	2
KPU	0-5	0

MEN'S BASKETBALL

INSTITUTION	CONF	PTS
VIU	5-0	10
QUEST	5-0	10
LANGARA	4-1	8
CAMOSUN	3-2	6
CAPILANO	2-3	4
CBC	1-4	2
DOUGLAS	0-5	0
KPU	0-5	0

WOMEN'S VOLLEYBALL

INSTITUTION	CONF	PTS
CAMOSUN	7-1	14
VIU	6-2	12
DOUGLAS	5-3	10
CAPILANO	5-3	10
UFV	2-6	4
CBC	2-8	4
COTR	1-5	2

MEN'S VOLLEYBALL

INSTITUTION	CONF	PTS
CAMOSUN	8-0	16
DOUGLAS	6-2	12
UFV	4-4	8
CAPILANO	4-4	8
COTR	3-3	6
VIU	3-5	6
CBC	0-10	0

Future Foods: Algae burgers, insects, or 3-D dishes?

What would you like to eat? By Himanshu Verma, Contributor

The Green Revolution in the early 1970s saved millions of people from starvation by increasing agricultural productivity through innovating use of chemical fertilizers, pest control, and high-yield crops. But this agricultural productivity has come to an impasse, and according to food futurologists, in order to feed the hungry planet, very soon we will need another food revolution. But this time, it may not be green.

Fluctuating food prices, growing populations, and the deteriorating environment have all been matters of grave concern for governments, the United Nations, and food futurologists, pushing them to devise new means and resources to feed humanity.

World Bank projections state that Earth will be supporting a population of around 9 billion people by 2050, which means 50 per cent more food production will be required. Climate change can further slash the crop yield by another 25 per cent. So, food scarcity will be a serious issue to be dealt with, along with the water and energy crises already defined by the futurologists.

The portal on Future Foods presents an overview of the new technology, fondly given the name "agtech" based on the concept of efficient production by using optimum resources. The first and foremost concern has been to find a substitute for animal-derived meat, which has been biggest source of protein so far in this protein hungry world.

"In the West, many of us have grown up with cheap, abundant meat. Rising prices mean we are now starting to see the return of meat as a luxury. As a result, we are looking for new ways to fill the meat gap," said food futurologist Morgaine Gaye.

Animal-derived meat has an estimated US\$250 billion per year market worldwide, and egg products add another \$4–8 billion per year. To replace this highly substantial source with an equally healthier, affordable, epidemic-free food source is a challenging task for scientists and futurologists alike. In an article in BBC Magazine, Denise Winterman reported the food substitutes futurologists are working on.

"It is time to stop killing animals for meat and start growing it [in labs]," said William Saletan in an article for Slate about the future of ethical food. "The aim is to bring an end to the animal suffering, environmental pollution, starvation, health risks, and soon, by no longer using domestic animals for meat, eggs, or milk."

Insects, also known as mini livestock, are a great source of protein and could very well become the staple diet in future replacing livestock, according to Gaye and other futurologists. Researchers at the Netherland's Wageningen University fully agree with them. "Insects cost less to raise than cattle, consume less water, and don't have much carbon footprint. Plus, there are an estimated 1400 species that are edible to man," says Gaye, who is also a member of Experimental Food Society. Caterpillars, locusts, wasps, and crickets are already considered delicacies in Africa, Japan, Thailand, and other parts of the world. However, insects will need an image overhaul to be considered palatable to Europeans and North Americans.

Sound-enhanced food is the next thing on the agenda. Scientists are studying the effect of sound on taste; while before it was believed that only smell and appearance influenced it, a recent study by scientists at Oxford University found that listening to certain tunes while eating could make things taste more sweet or bitter. According to Charles Spence, a professor of experimental psychology at Oxford University, the taste of food could be altered by changing the background soundtrack.

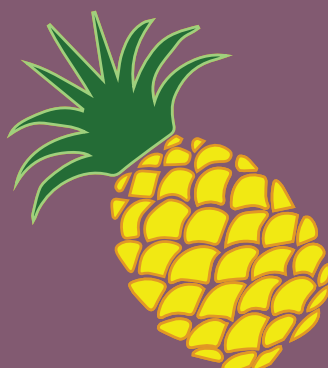
Chef Heston Blumenthal, a pioneer in sonic-enhanced food, is already serving a dish called Sound of the Sea at Fat Duck, his restaurant. The dish is served with sounds of seaside in the background, the effect of which make food taste fresher.

"We know what frequency makes things taste sweet. Potentially, you could reduce the sugar in a food and use music to make it seem just as sweet to the person eating it," said Jones, another member of Experimental Food Society. Its extended use is even being tested on white goods and in food packaging, as crunchier sound on opening a food-packet makes it taste fresher to the consumers.

In-vitro meat, also known as cultured meat, may be the greatest choice on your plate as Dutch scientists have produced cultured meat successfully in the laboratory using the stem cells of cows. They have since created lab-grown burgers, and the current price of producing one is about \$11, down from the original \$325,000. NASA has been experimenting for quite some time with in-vitro meat because it is more efficient and environmentally friendly. It considerably reduces emissions of greenhouse gases, water, and energy consumption, and its fat and nutrient content can be controlled. Because of this, growing lab meat is much more advantageous than killing animals for meat.

Algae is also being considered a potential solution for the future food deficit. Researchers found that, as there is no need of land to grow it since it can be grown in ocean, and it can be consumed by both humans and animals, it is the most favourable option, possibly becoming one of the world's biggest cropping industries in the near future. Dr. Craig Rose, executive director of Seaweed Health Foundation, says, "Such farms could easily work in the UK and be very successful. The great thing about seaweed is that it grows at a phenomenal rate; it's the fastest growing plant on the earth. Its use in the UK is going to rise dramatically." Scientists at Sheffield Hallam University have used seaweed granules to replace salt in various foods. "It's multifunctional," said Gaye. "Many of its properties are only just being explored. It is such a big resource that we really have not tapped into yet."

An article published in the Guardian mentioned a menu of foods that, according to the authors, could become the "main-stays of tomorrow's meals." The list includes jellyfish and algae as supplements, algae-based drinks, allergy-free peanuts, lab-grown meat, vegan cheese, and fermented coffee. It also offers recipes for jellyfish salads and cricket noodles. Anyone interested?



Victory so close yet so far

» Men's basketball fails to close out games

Davie Wong
Sports Reporter

Unfortunately, it seems to be a similar story each week early in the season for the men's basketball team. They go into the third quarter tied or with the lead, and then they lose. This week was no different for the struggling Royals squad as they looked to pick up wins against Quest and Langara.

The undefeated Quest Kermodes strolled into the Royals court on Friday night, thinking that it would be an easy win. They Royals had other plans and scored 24 points while limiting their opponents to just 15. The second proved no different as the Royals continued dominating. They hit shots from all over the court as the Kermodes all but handed the ball to them. Defensively the Royals looked solid, going into halftime having only allowed 27 points.

The second half looked much different for both sides. The Quest squad tightened up defensively and squeezed the Royals out while the Kermodes went on an offensive tear. As the momentum shifted, so did the level of play. During the second half, it seemed as if the Royals just fell apart as a team. Greedy plays resulted in missed opportunities and allowed Quest to claw their way back.

All in all, the scoresheet really told the tale of the game. During the second half alone, Quest nearly scored 50 points. Meanwhile, the Royals were limited to only 24 points.

The men looked to bounce back the following day when the Langara Falcons came to their court to play. Right off the start, the game was heated, with both teams trading points. It wasn't until the second quarter that the Royals really got into it. After a few bad passes by the Falcons turned into points for the Royals, the game started rolling Douglas' way.

The second and third quarter were filled with Royals highlights. Offence and defence blended beautifully for the team as they found a way to make their shots count. In the two quarters, the Royals scored 53 points while limiting the Falcons to 35. Going into the fourth quarter, the Royals held an 11-point lead and looked poised and ready for their first win.

Then everything fell apart in the fourth. The Falcons stormed the Royals, catching them off guard, and blew them away for the comeback win. In that quarter alone, the Falcons outscored the Royals 27-12. With the loss, the Royals fall to 0-5, sitting at the bottom of the standings with Kwantlen.

After the matches, coach De-



Photos by Davie Wong

nis Beausoleil expressed his frustrations about the way his team has been playing: "A big issue was our rebounding. We will not win unless we do it." The team had a

lacklustre percentage in defensive rebounding in the first game but improved upon it in the second game.

In regard to his team's sys-

tematic fourth quarter breakdowns, Beausoleil had this to say: "I think it's mental. We're individually offensive minded and we need to fix that."

Player profile: Juliana Penner

» A look at the captain of the women's volleyball team

Davie Wong
Sports Reporter

Juliana Penner is a fourth year player and the captain of the women's volleyball team. She is entering her second year as a Royal and plays wing. She is at Douglas finishing an Arts degree with the intention of obtaining her Bachelor's in Physical Education and Coaching (BPEC).

Penner has been playing competitively since the seventh grade and is nearing her tenth year of play. When she started, she played for her school, followed by playing for a club, followed by beach volleyball; which meant she played essentially year-round.

While she played volleyball, she also played ice hockey and basketball at a competitive level. However, after high school, she made the decision to stop playing ice hockey and basketball competitively to focus on volleyball full time.

She chose volleyball because of the games emphasis on strategy and skill rather than

physicality and strength. The non-contact aspect of the sport allowed her to focus on playing strategically without having to worry about being hit by rougher players.

Juliana is in her second year of captaincy with the team. Last year she had the chance to shape the culture of the team and this year she is looking to build and refine upon that. On the court, she is a calm and composed figure who leads her team by example. Off the court, Penner enjoys creating lasting bonds and friendships with her teammates; preferring to talk about personal aspects.

Her goals this year, for the team and herself, is to be the best team in the province and have a shot at a National title. It would be Penner's second National title, as she won her first with UFV in 2012.

After college, Penner hopes to teach outdoor physical education at a school or similar institution.



Photo by Davie Wong

Have an idea for a story? Let us know!
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LIFE & STYLE

Spirits of Christmas

» Boozy drinks to put you in the mood for the colder months

Alex Stanton
Staff Writer

We have it really easy here on the West Coast when it comes to the crisp, cold months of December, January, and February. My family originates from St. John's, Newfoundland, where a "snow day" means that the only way to get out of your house is to climb up out of your chimney or jump out a second storey window. There is a very good reason those adorable bumpkins south of the Mason-Dixie line think we all live in igloos and ride dogsleds to work. But if you live in the Lower Mainland and spend most of your winters here, you would find the hilarious stereotypes to be mostly unfounded.

One stereotype that I'm happy to say is and always will be a foolproof way to poke fun at Canadians is our love of the drink. From coast to coast, we're basically the closest the Western Hemisphere has to Ireland in terms of drinking prowess. In Vancouver, you'll probably find some pretentious guys who wear non-prescription glasses drinking fruit flavoured craft beer to raise their hipster-cred. The Yukon is ranked number one in consumption of wine, beer, and spirits, so those guys drink all of us non territory folk under the table. In Newfoundland, they shoot screech and make out with fresh Atlantic cod (don't ask).

If that's not your thing, don't worry. There's no need to look like a "cool geek" or get

blackout drunk. Here are a few drinks to get you feeling positive about the cooler temperatures:

Rye Manhattan
¼ cup of rye whiskey
2 tablespoons of sweet vermouth
2 dashes of Angostura bitters
1 maraschino cherry.

It never hurts to start off any list with a classic, and even if you've never heard the recipe, you've surely heard of this drink, named for the neighbourhood in New York City. Fill yourself a cocktail shaker with ice cubes; pour in the whiskey, vermouth, and bitters; shake until frosty (roughly 15 seconds); strain into a Manhattan glass; and garnish with the maraschino cherry.

Kahlua Hot Chocolate
2 cups of milk
2 tablespoons of sugar
1 ½ tablespoons of unsweetened cocoa powder
¼ teaspoon of cinnamon
pinch of nutmeg
1 ounce of Kahlua

The adults-only version of quite possibly the warmest, most comforting drink ever invented. Grab a medium saucepan, combining the milk, sugar, cocoa powder, nutmeg, and cinnamon over medium heat until heated through; remove from the heat and stir in the Kahlua, and then serve. If you're feeling zesty, add some mini marshmallows or chocolate syrup.

Christmas Tree Cocktail

3 ounces of pomegranate or cranberry juice
2 ounces of gin
1 ounce of simple syrup
lime juice from 1 or two wedges
a few fresh mint leaves
pomegranate seeds
a lime wheel for garnish.

In cases where the real McCoy is unavailable, this is my favourite way to rock around the Christmas tree. It's also the easiest. Muddle the mint leaves with the simple syrup at the bottom of your glass. Add ice, then gin, juice, and lime juice. Garnish with a toothpick through a lime wheel with pomegranate seeds placed on top.

Candy Cane Cocktail
3 ounces of Candy Cane vodka
2 ounces of colourless Crème de Cacao
dash of Angostura
2 6-inch candy canes.

Yet another lovely-looking, lovelier-tasting drink that truly embodies a beloved tradition of Christmas. A hint of actual sweets with your drink never killed anyone, so chop or blend your candy canes into a granulated sugar and rim your glass; add the Candy Cane vodka, Crème de Cacao, bitters and ice to a shaker and shake, then strain it into your newly sugared cocktail glass.

With the colder months occasionally forcing us to stay indoors for one reason or many others, these drinks are fantastic for those wanting to have a little fun and get into

This issue:

- ✓ #EqualPayDay
 - ✓ Cheap yet effective
 - ✓ Beauty on a Budget
- And more!



Image via thinkstock

the spirit of the season without completely overdoing it on the alcohol. Bring friends and

family over for a themed cocktail party and you'll become the person to be with this winter.

Canada stands with France

» Truth behind the 'Peace for France' image

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Designed by French artist Jean Jillien, who was on vacation at the time of the attacks, this peace sign depicting the Eiffel Tower has become a symbol for the "Peace for France" movement that has swept over social media in the wake of the tragedy in Paris.

"I express myself visually, so my first reaction was to draw a symbol of peace for Paris...from there it seems to have gotten a bit out of my hands," stated

Jillien in an interview with *Time*.

Despite the image's success (over 129,000 likes on Instagram and over 48,000 retweets from Jillien's account alone), Jillien claims it is difficult to find joy in the response due to the horror of the events that inspired the piece, but he also says that "...there's something positive that people are coming together in a sense of unity and peace."

The simplicity of the image alone lends itself to being a subtle rallying cry for people all over the world, and many have adopted the image to express their support for the French people.

Many countries have come

to France's aid in their time of need, and French president Francois Hollande himself has claimed that the responsible parties will not go unpunished.

This seems of little comfort to Jillien though, who has chosen to take up residence in an undisclosed location to order to avoid terrorist backlash. This does not change the fact that the overwhelming response to Jillien's image has generated a lot of monetary support, inspiring donations for the victims of the events that killed over 150, numbers unheard of in France since World War II according to CNN.



Image via treeangle.co

#EqualPayDay

» Feminism and the hourly wage



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If you were on social media on November 9, you might have noticed something interesting trending. Many feminists took to social media—Facebook, Instagram, Twitter—using the hashtag #EqualPayDay. Curious, I decided to check what this phenomenon was all about, so I turned to Emma Watson's Twitter for an explanation. Helpful tip: if something is going on in the feminism sphere, Emma Watson is usually on top of it with any information due to her being the United Nations Women Goodwill Ambassador.

#EqualPayDay is basically meant to draw attention to the pay gap between the genders in the United Kingdom. Apparently, the average hourly wage for women is so far below what it is for men that an Oxfam study says that as of November 9, women will be working the rest of the year essentially for free.

Now, you may be asking yourselves what the gender pay gap actually is. It is the difference between male and female wages, expressed as a decimal per cent of the male wage. It is measured



Image via www.newsvillas.com

by comparing earnings for full time workers at the end of the year. In 2012, the UK celebrated having their own gap finally drop below 10 per cent; however, it rose again to over 15 per cent by 2013.

Here in Canada, many believe that we don't have wage inequality between the genders, but that's not entirely true. As of January 2013, Canada's gender pay gap is 19 per cent. In fact, when compared with 17 of our peer countries (based off of economy, population, etc.), we're ranked 11 on the list, right below the UK and right above the United States. Norway tops the list with a gap of approximately 8 per cent, and Japan is at the bottom with a gap that is close to 30 per cent.

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FancyKey

» An app to brighten up your basic keyboard



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We love our smartphones, but sometimes we want a little more customization options. I mean, who wants to look at the same boring screen every time you want to send a text? Recently, I've been looking at fun, easy apps to install that will make my phone a little more "me." I mean, wallpapers and home screens are great, but how much time do you really spend looking at them?

That surfing the app store is how I found FancyKey. Available on both iOS and Android, FancyKey is an app that allows you to create your own, custom keyboard. When I first downloaded the app, it allowed me to choose from a variety of pre-made, themed keyboards to install and use for texts, Internet surfing, search dialogues, and pretty much everything else that you use the regular keyboard for. With their most recent update, FancyKey allows you to create your own theme, meaning you can choose the background image, the

button/key type, the colours, and even the visual affect that occurs when you press a letter.

Beyond the aesthetic, I found that FancyKey had some practical uses as well. The FancyKey keyboards have a menu at the top of them that allows you to easily access emojis. Normally, if you were using the default keyboard, the emojis are found in a separate keyboard, so you have to switch to that one, search through the emojis for the one you want, and click it. FancyKey simplifies that process. It takes some getting used to, but it does save time. Frequently used emojis and words will also appear in a temporary top-side menu as you are typing, so instead of searching for that perfect smiley, you can just type in "happy" and FancyKey will give you the option to switch the text to your most commonly used emoji associated with that keyword.

If you're looking to expand your emoticon arsenal, FancyKey also has a built-in kamoji category already inside of it. Previous to FancyKey, I didn't have any kamoji keyboards installed, so this is an added

benefit. It's not entirely useful, but it is fun for those times you just want to send your friends something quick to let them know you're thinking of them.

So now we come down to it. What's the cost? FancyKey itself is free, and creating your own custom keyboards is free as well. Micro-transactions come in when you want to download some of FancyKey's more elite, pre-made keyboards, or if you want to add to your limited menu of customization options. "Diamonds," the app's currency, can be used to purchase various sounds, visual effects, button and key designs, etc.—but you can also earn diamonds by showing off your creations on social media.

Personally, I feel that the customization options are enough that I don't really have any desire to unlock any more of them. I created a pretty sweet Garrus Vakarian (Mass Effect) keyboard with just the free stuff available.

There is a downside. Custom button clicks are not available unless you acknowledge FancyKey as an all access



keyboard. This is not a good idea because it means that the app can keep a record of everything you type while using one of their keyboards or any keyboard you have made with the app. This means that sensitive financial information, private texts, passwords, or anything else you'd

rather just keep to yourself will be known to the FancyKey staff, or there will at least be a record of it. Just installing a keyboard won't trigger this—there is a specific process you have to go through to do it, and your phone's security settings will warn you.

Cheap yet effective

» The health benefits of honey



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I'm sure many of you have heard or been told that tea and honey is the best for a sore throat—but did you know that a lot of ailments can be cured, or at least treated, with a little help from our favourite bee-made condiment?

Honey is one of those weird, totally organic, cheap cure-alls that people are so into these days. So I decided to write about a few of its more general uses for common ailments that affect everyone.

First up, let's discuss external uses. Honey is a natural, very mild, antiseptic. Antiseptics are topical, antimicrobial substances that kill germs and bacteria in order to prevent infection, sepsis, and decay. Now normally when we think of antiseptics, we think of stuff like hydrogen peroxide, or something with a little more kick because we want something powerful enough to kill a lot of the dangerous bacteria. The problem with that is that antiseptics don't discriminate. It will kill all the bacteria, including that ones that your skin or immune system need. The benefit to honey is that it is

mild enough to treat reoccurring issues without damaging the skin, so afflictions like acne, psoriasis, clogged pores, and raw or hang-nailed cuticles can all benefit from a little golden delicious. It's also been linked to healing minor wounds faster, and is incredibly moisturizing—perfect for all that dry, cracked skin you're bound to get this winter. Add a little sugar and olive oil and you have the perfect exfoliating mask, and without all those questionable microbeads.

This moisturizing element also makes it perfect for treating dandruff or dry hair. If you love the affects of coconut oil, then mix in a little honey as well to make a leave in conditioner. The enzymes in the honey will actually counteract any dullness, so your hair will appear shinier after you're done.

If you're planning on hitting the mountains this winter, you might want to keep honey in mind. Skiing and snowboarding are all fun and games until someone comes back with a sunburn. Instead of aloe vera, grab the nearest bottle of honey—it's cheaper, and contains the same naturally occurring anti-inflammatories to reduce swelling and pain.



Illustration by Ed Appleby

Next up, let's take a look at internal uses. I've already hinted at honey's benefit to dry throats. Being as it is a mild antiseptic, any bacterial infections like strep throat will greatly benefit from a little tea and honey. Unfortunately, illnesses like the common cold and flu are viral infections, so honey is less likely to help combat them, but it does

reduce swelling and pain in the throat and vocal chords, which will help you feel a little better and talk easier. It will also act as a stomach remedy if you're nauseous or suffering from heart burn. The thick coating helps calm overactive stomach acid, making you feel more at ease in a matter of minutes.

Honey has been used as a

home remedy since before our ancestors knew what a home remedy was, and with all that it is capable of, it's easy to see why. So instead of leaving it to collect dust in the cupboard, break it out and see if it works as a cheap remedy to anything that ails you—worse comes to worse, you can always just enjoy it as a snack after.

Beauty on a Budget

» Icing Makeup Brushes



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Icing stores are known for carrying affordable accessories and jewellery for teenagers and young adults. Another line of products that I don't often hear discussed are their makeup brushes.

Last Christmas, I purchased Icing's Duo Smokey Eye brush for \$7.25 because I was hunting for an affordable gel liner brush. Although I'd given up on other brushes fairly quickly, I've used this brush almost every day since. It picks up product easily and delivers smooth, dark lines with very little effort on my part. My only problem with this brush is that it is fairly wide, meaning that I have to be very careful when trying to do a more subtle, thin line. As a bonus, the other end of the brush is a fantastic crease brush that I also use for every eye-shadow look.

I did some research to see if this brush was a fluke, or if the rest of the store's brushes are as high quality. I picked up the Eye Definition Brush set, which comes with three



Image via thinkstock

dual ended brushes: an angled liner and brow brush, a crease and wide shadow brush, and a highlighter and concealer brush.

The angled liner is a nice, smaller alternative to the Duo Smokey one, which I've really liked. Both shadow brushes performed very well—the wide brush picked up pigment and deposited it on my eyelids evenly, while the crease brush blended my crease shadow out without it seeming muddy. The concealer brush has been very useful for me, as I had previously used my ring finger for lack of a brush. After using the brush, I have good coverage

and my concealer is very even with no noticeable streaking.

The Eye Definition Brush Set was \$14.25, and their individual brushes range from \$5 to \$14.25. Overall, the brushes wash easily, and I've never experienced any shedding or damage to the hairs, which are one hundred per cent nylon. These are a good investment for people who are looking for high quality makeup brushes, but don't want to drop \$40–70 on a Mac or Sephora one. If you're interested in buying them, Icing stores are found at Metrotown, Coquitlam Centre, and Willowbrook Shopping Centre.



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This week's photo is by Douglas College BSN

Have an idea for a story? Let us know!
Contact: Elliot Chan, Opinions Editor
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OPINIONS

This issue:

- ✓ Double negative
 - ✓ Entertainers owe us the hits
 - ✓ Policing the police
- And more!

A whiny Christmas to all!

» The spirit of complaining about nothing



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It's that special time of year between Halloween and New Year's where people start making a fuss about decorations and salutations. This year it's no different. We are still over a month away from Christmas and already we have two notable controversies to discuss. And the funny thing is, science and religions are not even involved.

The one that received the most attention is the Starbucks "red cup" controversy. When it was first brought to my attention that Starbucks had released their annual festively decorated trash—I mean, disposable cups—I, like most people, didn't care. Each year, the coffee retailer goes out of their way to design holiday themed cups, but this year all that was present was a simple coat of red. It was minimalistic, and highly offensive to some, apparently.

Starbucks, with an effort to stay politically correct and secular, decided that a simple red would be a modest choice for the brand. I agree. It is nice to drink from a cup that isn't cluttered with clichéd designs. Honestly, I barely ever look at the cup anyways. Why would I? It would just remind me that once again they

thought my name was "Alex."

I hope that next year Starbucks uses the same stupid red cup. Or better yet, they should just stick with the white cups that they use the rest of the year. After all, white is a Christmas hue.

The second controversy is even more absurd. It involves one of the largest payment processors in the world, PayPal. PayPal is known to frustrate a lot of people, but not usually in such a ridiculous fashion as their new commercial did. In the UK PayPal ad, a couple of children are left saddened, anxious, and concerned when their parents aren't bringing any gifts home as the holiday approaches. Snotty little kids worried about their gifts, how touching right? The twist in the commercial is that the parents weren't carrying any gifts home, because they made online purchases and they were delivered without the children knowing—much like some Father Christmas guy.

Well, apparently PayPal broke the illusion for some British children. There is no Santa Claus! What I find interesting is that children are watching a PayPal commercial at all. Moreover, if your children are able to conceptualize the idea of digital payments, they are probably too old to believe in Santa. Although, the idea of invisible money does sound

as fictional as a man who lives in the North Pole with a bunch of elves and reindeers.

What corporations need to understand is that they can't please everyone this time of year. If you put up too many decorations and play too much

Michael Bublé, people are going to be angry. Then again, if you don't make an effort, you get chewed out all the same. I didn't grow up with Christmas being a big deal, it just happened around me. I'm not religious, and as an only child

I never really had a problem with presents. Christmas to me is a chance to get some rest and enjoy myself. The only thing I have to complain about during Christmas is that most stores and restaurants are closed. That's the real bullshit!



Image via thinkstock

'Merry Christmas' shouldn't be taboo

» Don't be ashamed to celebrate your holiday

Lauren Paulsen
Senior Columnist

"Christmas" seems like it's becoming a taboo word nowadays. Too many people are afraid of insulting non-Christians; therefore, certain things are being renamed, such as "Christmas Break" becoming "Winter Break." There's even this big controversy over Starbucks' holiday cups. In my honest opinion, this is all very silly, and I think a lot of people agree with me.

Canada has been a Christian-dominant country since European settlers arrived here many, many years ago. As a

result, it is not unreasonable for there to be a lot of Christmas-related stuff. If we go to another country, we don't expect them to change their holidays because we have a different religion.

I'm not saying we shouldn't respect other religions. Canada is multicultural, and therefore a lot of different religions must coexist. However, I do not think that wishing anyone who isn't Christian a "Merry Christmas" should be considered offensive. On the contrary, I have many friends who aren't Christians who enjoy it when they're wished a Merry Christmas. I'm not offended when someone wishes me a Happy Hanukkah,

or tells me to enjoy Diwali. Instead, it makes me feel happy.

I even have non-Christian friends who join in on Christmas festivities with me, such as exchanging gifts or making gingerbread houses. Christmas is about giving and should be enjoyable. I don't think Christians should be so afraid of offending non-Christians, just as I don't think non-Christians should be afraid of offending Christians. Stop this nonsense about holiday cups and enjoy the holidays, whichever ones you may celebrate or not celebrate, and don't worry so much about offending others.



Image via thinkstock

Law, order, and fairness in immigration

» Why being anti-illegal immigration isn't a pro-racism standpoint

Alex Stanton
Staff Writer

One of the most common (lazy) techniques in debating—political or otherwise—is the attempt to question your opponent's character by simplifying the issue down to a question of right and wrong, and then focusing your entire rebuttal around your morally righteous position by the standards of most people. This also involves shutting down any discourse that is perceived to go against that position, even if there are actually some solid points. This technique is called “taking the moral high ground,” and it appears to be an increasingly common method for those who see things like heavily guarded national borders, long waiting lists, and plenty of legal paperwork as racist.

It's fair to say most loud-and-proud racists are against illegal immigration. What isn't at all fair to say, however, is that anyone who supports reasonably strict rules for prospective immigrants is a bigot—no ifs, ands, or buts about it.

This isn't to say that we

shouldn't try our best to help the less fortunate lead better lives, especially because, living in a privileged society, we're more than capable of doing so. One of the more obvious, close-to-home examples would be Mexico, a developing country with countless problems in all levels of society, and a focal point for the war on drugs. With the corrupt government in full-scale conflict with drug cartels, each side is causing just as much collateral damage as the other. Desperate times call for desperate measures, and it's no wonder that Mexican citizens will do anything for more opportunities up north.

We're a society that is always progressing, tweaking our rules and regulations as we find better solutions to our systems currently in place. Though the policies are not perfect, all this being said, there's more than enough reasons to justify the hoops that prospective immigrants must jump through. I've heard people comparing the US-Mexican border fence to the Berlin Wall. Completely putting aside the absurdity of that comparison, consider how many



Image via thinkstock

illegal immigrants originate from that precise fence. There's no possible way to argue that it can't be a solution (perhaps a temporary one; society is always progressing, after all).

I can't help but find it unfair that all of these laws are in place to help those coming to developed countries (Canada, America, or the like) for perfectly

legitimate reasons, yet there are still those who choose to enter the country illegally for one reason or another. I have all the respect in the world for those who choose to come to Canada to live and work by jumping through the proper hoops, and I don't really buy into Donald Trump's argument that illegal immigrants are a

big problem when it comes to crime... But the immigration process in our country is the way it is to benefit us.

In Canada, it's only fair for Canadian citizens—whether they are born and raised or naturalized—to get first dibs on all the wonderful opportunities our country offers us.

Double negative

» Why you might be concerned about the wrong things

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What concerns us in day-to-day life differs from person to person; some worry about immediate problems such as deadlines and commitments, while others worried about situations that have no direct influence on them. I'm all for the former and not so much about the latter. We waste too much time concerned with aspects of the world that we cannot control, and when we do think that we are making a positive impact, we are often neglecting an issue closer to home.

The environment: it is the foundation of life upon Earth. Many of us make every effort to take care of it, but then again, we often forget to take care of ourselves—to protect ourselves. How often do I see commuters on bicycles swerving this way and that on the road without a helmet? I see it almost all the time, especially in urban areas. Riding a bike is better for the environment, but neglecting your safety is far from smart. Your wellbeing is

a far bigger concern than the carbon you would emit into the air if you were driving.

The world at large is full of disruption and corruption. I remember this cliché line growing up: there are poor children in Africa that want what you have. Hell, there are poor children in Canada that want what I have. We often look at developing countries or countries in crisis, such as Syria, and offer our deepest sympathy. However, when we look at an unfortunate individual closer to home, what do we do? We call them lazy, we call them bums, and we call them stupid, and so on and so on. If you want to help people, start with those in your backyard.

Worrying is a type of escape, don't deny it. Sometimes we get emotionally invested in things just so we can avoid the immediate problems with our lives. Look at sports for example. We put so much emotional weight on the performance of a group of people we don't even know. The outcome has minimal effect on our lives. If we own a sports bar, we might benefit



Image via thinkstock

from the Canucks winning, but otherwise, it's pretty much a way to misdirect attention from our own work ethics. We worry so much about how the Canucks, Whitecaps, and Lions are doing, but how often do we turn to our friends and family and show interest in

their pursuits? Rarely. Working at an office or a restaurant is not as interesting as scoring a goal. Finishing an assignment is not as exciting as making the playoffs. But if you are worried about the successes and failures of complete strangers, why aren't you worried about those

who matter so much to you?

It's okay to be farsighted now and then and be concerned about the world, but more often than not, we should look at what's around us—there are problems everywhere that need to be solved. Let's start with those.

Entertainers owe us the hits

» Bands should always play their signature song live

Cazzy Lewchuk
Staff Writer

When we pay money to see live music, we expect a certain amount from the performers. Obviously, we expect them to play music, and preferably music that we know and enjoy. Musicians work hard at their craft, and they have the right to do whatever they want with their creations. At the same time, while being paid to perform, they should be held to a certain standard by fans.

I'm mostly speaking of popular musicians who are fortunate enough to make a full-time living doing their art, instead of the many musicians who do not make enough money to support themselves. Most large mainstream bands have thousands if not millions of fans and a higher income than most people. These are bands who sell thousands of seats in every city they visit, and who continue to profit off of album sales even in an era when most music is virtually free.

These artists got where they are today by making great

music—and most of the time, this includes their signature song. They may have lots of great songs, but there's almost always the one that we all remember. Bon Jovi may have sold over 140-million copies of 13 albums, but what song do we belt out at their shows and karaoke every time? "Livin' On A Prayer."

If you went to a Bon Jovi show and he didn't play that song, would you not feel disappointed? You pay to hear the hits. The songs from his new album may be very nice, or even better than his old works, but ultimately, there's something lacking without the signature. Yet many artists deliberately choose not to play their biggest hit live, sometimes for integrity reasons, dislike of the song, or frustration at being associated with one song instead of their entire catalogue.

Radiohead famously almost never play "Creep" live. Modest Mouse aren't playing "Float On" on their current tour. Neither of these songs are even close to being the best ones the bands have to offer, but come on, those are the songs that you



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can name, even if you can't name another by the group. They're big enough songs that some may very well buy a ticket just to hear them live.

Some artists get around the problem by playing that hit early in the set, and that's

totally fine. The point is that it's heard live. When on stage, you have up to two hours to perform whatever experimental, lesser-known, or new songs you want. But over 90 per cent of the fans in the audience want to hear your big hit at some

point. Big musicians work hard to get to that level of fame, and the demands of touring and musician life are not easy. But it's not too much to ask to give something back to the ticket buyers by playing your big one.

Policing the police

» Can we stand up against brutality without looking in the rearview mirror?

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On October 24, acclaimed director and writer Quentin Tarantino stood up at an anti-cop brutality rally, supported the #BlackLivesMatter campaign, and expressed his views on the damaging results of trigger-happy authorities.

When unarmed citizens are being shot down, it's worth speaking up. It's not a matter to be brushed away as collateral damage. The fear that many experience when being approached by a police officer is genuine. They have guns! Tarantino goes on in his speech, labeling officers who have killed unarmed civilians "murderers." And perhaps that was what made the Fraternal Order of Police union put Tarantino in their crosshairs.

Jim Pasco, the executive director of the Fraternal Order of Police, in mafia fashion, issued this statement in response to Tarantino's rallying speech: "Something is in the works, but the element of surprise is the most important element. Something could happen anytime between now

and [the *Hateful Eight* premiere]. And a lot of it is going to be driven by Tarantino, who is nothing if not predictable. The right time and place will come up and we'll try to hurt him in the only way that seems to matter to him, and that's economically." It's a little freaky. It's almost as if Pasco is an evil character in a Tarantino movie.

When a police official makes a threat to a public figure, it cannot be ignored. When I think of those people protecting and defending me, I don't appreciate the fact that they use intimidation as one of their tactics. In addition, to say the police are going to "hurt" him economically is a petty attack. Apparently we are living in a world where we have the freedom to talk about whatever we want, except we aren't allowed to criticize police. Apparently we live in a world where the police can act above the law and face little to no repercussion, and when civilians take arms and speak out—especially those in the public eye—they get accused for being slanderous. Then they get outright bullied.

The facts are there. There is no denying that unarmed



Photo by Patrick Sison

citizens were killed. Instead of opening up and saying that the policing efforts will work to prevent these incidents from ever reoccurring, the police union—or rather the police mafia—in all boldness goes and threatens the work of an artist. In another example of this, Patrick Lynch, president of the Patrolmen's Benevolent

Association, announced that "it's time for a boycott of Quentin Tarantino's films." Guess what? Boycotting a film is not going to stop cops from overreacting. It's such a childish knee-jerk reaction to target the person who speaks up against the corrupted powers working to "protect" us. That is always the response police

give when anyone questions policing methods. Civilians don't understand how dangerous the job is for cops. But guess what? When you start turning against us for asking questions and demanding a response, we might start believing that you did all those awful things on purpose. So you tell me: whom am I supposed to believe?

Have an idea for a story? Let us know!

Contact: Chandler Walter, Humour Editor

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HUMOUR

This issue:

- ✓ Vancouver says no
 - ✓ Battle on holiday hill
 - ✓ November's lack of news probably means good news
- And more!

Subterranean homesick blues

» Welcome home, vault-dweller

Josh Visser
Contributor

So we're deep in the thick of it. The fall turnaround, that is. Hopefully midterm season is over and all that you have left are infernal research papers looming ever-closer on the greying horizon. Maybe some class presentations as well, but c'mon, who really puts any effort into those, anyway? I'll settle for that C.

Remember the saying: "Good grades, social life, sleep—choose two"? When did you first hear that, tenth grade perhaps? That seems like Kindergarten stuff now to us young adults. A more accurate turn of phrase for us would be: "good grades, work—choose one (or both, omit other options). Social life, hobbies, rest—choose one."

We millennials have it so easy, eh? On top of fixing all of the world-at-large issues our parents raised us into... But hey, fuggetaboutit! Life is filled with so many sources of stress, and do we really get anything out of it, other than a hole in the earth or ashes in the wind?

What lasts forever is how many platinum trophies you leave behind. I have zero. Sorry folks, I'm working on it. Alas, it is not going to be an easy endeavor, and I'm sure to lock myself in my dungeon, and wade through boundless radiation-filled waters, all while winning an insurmountable amount of battles with my quick-witted, silver-tongued bravado... if I'm to make it that far.

Believe me, I will persevere. You see, I plan to shun my outside, actually-important, real-world problems and focus instead on the distractions of the many upcoming new releases in videogames this month (*Fallout 4* and *Star Wars Battlefront*, to name two).

These games are absolute blockbusters, and are sure to suck in many other like-minded individuals. Non-gamers: be ready for a steady rise in available young ladies on the market. Keep that Netflix subscription up-to-date. Those looking for work: find yourself a job on-call and rake in the dollars. There's going to be a lot of people "getting sick" over the next couple of weeks as they



Photo Illustration

grind for hard-earned experience.

On a more serious note to gamers: don't actually quit your job for video games—how else will you be able to afford Doritos and Mountain Dew? Or maybe you'll splurge and get a pizza. Do it. Indulge. With the ever-accumulating list of things you are sure to have

piling up, the best thing you can do is turn a blind eye.

A wise man once wrote: "In times of great upheaval, it is best to keep busy and work toward something positive. Keep your mind away from things which deter you from your goal." That same wise man also said: "What lasts forever is how many

platinum trophies you leave behind." So, you know what you should *really* be working towards this finals season.

Remember your priorities. There remains a quest marker fixed on your controller. Do not neglect it. Your life's difficulty will only go up.

Cabinet crisis

» Equally gendered ministers have country divided

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Earlier this month, newly-elected Prime Minister Justin Trudeau made history by appointing 30 new ministers to his cabinet, an equal half of them women, and the other half men.

Much discussion and debate erupted from the decision, and as Canada's new leaders were being sworn in, the Internet was aflame with sexist comments and heated arguments calling out Trudeau on the decision.

"We don't know if they're all even qualified!" said disgruntled Canadian Pamela Baker. "I get that he wants to make a nice show and everything by making the cabinet equal, but how many of these men do you think he put into cabinet just because he wanted to keep things 'equal'?"

Baker pointed out that many capable female members of Parliament may have been

left out of the cabinet due to this 50/50 ideology. "It's a nice sentiment, it really is," Baker said. "But this is our country. We need the best in charge, and it's not clear that some of these men are as qualified as some of the women who were left out to make room."

Trudeau defended his decision on the day of his swearing in, answering a journalist's question about why it was important to have an equally-gendered cabinet by saying: "Because it's 2015," which was met by the roar of many men in the crowd. This has been an important win for men everywhere, especially seeing as Justin Trudeau is only the 23rd male Prime Minister of Canada.

Many men are stating how courageous it was of Trudeau to appoint so many males to his 30-member cabinet, even amid the flak and controversy that arose from it.

"We're just happy it happened," said Jon Plath,

a Liberal Party supporter.

"It's very important that it happened, and it means more than just that we have them as members of Parliament. It's a statement that makes it clear that here in Canada, men are as equal as women, and I think that's more important than anything. I wish there didn't have to be such a controversy over it, though, but you know how some people can be."

Plath also noted the difficulties that Trudeau must be going through as an elected male world leader. "I'm sure he will do a great job, and he's more than qualified, but ever since he got elected all that women seem to be talking about is how hot he is. It's like, just because he's a man doesn't mean he only got elected for his looks, you know? There's so much more there to a person than their appearance or their gender, and that's something many people just don't understand when it comes to politics."



Image via The Canadian Press/Fred Chartrand

Vancouver says no

» Entire city votes against change



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In a recent city-wide vote, Vancouver has once again voted no to any sort of change taking place in our city.

All eligible Vancouverites were sent a mail in ballot over the past few months, with the option to circle either YES or NO, and send back to the city's municipal government. Of the staggering 92 per cent of eligible voters that responded, a strong 80 per cent voted no.

What exactly they were voting no to is still to be determined, but many people from both sides of the debate are furious. We spoke to Charles Brips, a dedicated advocate on the no side and a self-proclaimed keyboard warrior. "We don't need any sort of change around here," said Brips. "The city is always trying to improve one thing or another, using our tax dollars to fund useless projects.

I've had enough of it!"

Brips explained how he had personally led the—online—charge during the heated transit referendum, and is planning an all out assault on those who believe the deconstruction of the viaducts is in the city's best interest. When asked what he had against voting yes in the recent survey, Brips said: "It was a trick. Just a piece of paper with a yes or no on it? What the hell is that? I probably would have been accidentally signing my house away to some wealthy business man in mainland China or something. You can never trust this city to do anything right, so you never give them the chance."

Jess Runette, a resident of downtown Vancouver, also voted no in the latest mail-out vote. "I just didn't get it. Like, why were they asking me, of all people? I didn't want that kind of responsibility. Things that I don't understand scare me, and it's always just safer to say no, right?" While Runette did indeed

circle the no on her ballot, she was unable to figure out how to mail it back to the city, and still had it in her kitchen.

Greg Piper, a psychology professor from the University of British Columbia, explained the reasoning behind the recent mail in ballot: "It wasn't a vote

on anything. Let me rephrase that, it wasn't a vote for any sort of change. If anything, it was a vote to see the general leanings of Vancouver. No one ever seems to want to vote yes, because no one wants any sort of responsibility, no matter how miniscule. A small tax hike, a bit

more traffic due to construction for a year or two—Vancouverites can just never seem to handle it."

Either way, it appears clear that Vancouverites will continue to see their transit system half as productive, their electoral ballots half as important, and their glasses half empty.



Image via thinkstock

Battle on holiday hill

» The war on Christmas has only just begun



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November 13, 2015.

War. The great divider. Destroyer of hope. Creator of borders. It's been a long November, and we aren't even half-way through this hellish bloodbath of a month yet. Then comes December... the true fight.

These are but skirmishes. The enemy testing our defenses. We've lost many a good elf, but the factories are turning out guns and ammo as fast as they do toys nowadays, and we've got the Red Guy on our side.

There was once a time where the North Pole knew no such thing as war. All lived under the mistletoe and the snowflakes, innocent.

How it all started has been much disputed. They say it was on us, pushing our beautiful holiday down the throats of others, but I say that's bullshit. We were attacked, damn it.

Besides, our Red Guy is the true hero of the holidays. He is the chosen one—the right one. To think otherwise is lunacy. He is out there, leading the charge, brandishing a sharpened candy cane and taking no prisoners.

He's the one who brought the snowmen to our cause. When Mrs. C was captured, tortured,

and eventually murdered, he slaughtered hundreds in a rage that could be heard all across these snowy hills. He painted the Christmas Tree Forest red that day, and has been on a rampage ever since.

We took a hard hit after that, it's true. When they sabotaged the Starbucks Christmas cups, the one thing that fueled the factories of our industry, we were nearly brought to ruin. Many an elf thought he would be seeing his last December, that day.

But we rallied. We harnessed the true spirit of Christmas deep in our hearts. We looked forward, ever forward, to the gluttony and greed of turkey dinners and presents, and we forced a charge the likes that they had never seen.

On Holiday Hill we surrounded the would-be usurpers, cut off their supply lines, and waited. We feasted on roasted chestnuts and gingerbread cookies as the enemy starved. They continue to rain dreidels down on us from above, the nasty explosive type that can take an elf out in both knees and leave him screaming and bleeding out. But it's only a matter of time. It's only a matter of time until we will have destroyed the very memory of Hanukkah...

Drums. Drums in the distance.

Baby Jesus help us all.

The Atheists have arrived.



Illustration by Ed Appleby

NEWS

Image via thinkstock

November's lack of news probably means good news

» Local, national, and international sources oddly quiet

Cazzy Lewchuk
Staff Writer

November has always been seen as a letdown. The media can no longer cash in on Halloween themes, and it's slightly too early for Christmas, which leads to a lack of inspiration and story. Everyone's busy and bored, whether it be from prepping for finals, working early retail rush, or settling into the role of prime minister of a semi-important country. This lack of remarkable stories leads journalists to conclude that no news is probably good news.

National: After the excitement of electing a new leader that dominated our newspapers and Facebook feeds all October, angry debates with friends just aren't the same since Mr. Trudeau took office. Justin has been fairly silent after his Cabinet announcement, and the rumour that he is tongue-tied on how to announce a \$999-billion deficit is probably false. Good news for everybody!

Local: Vancouver's previously reported problems include severely unaffordable house prices, a growing homeless population, expensive beer, underfunded transit, and the

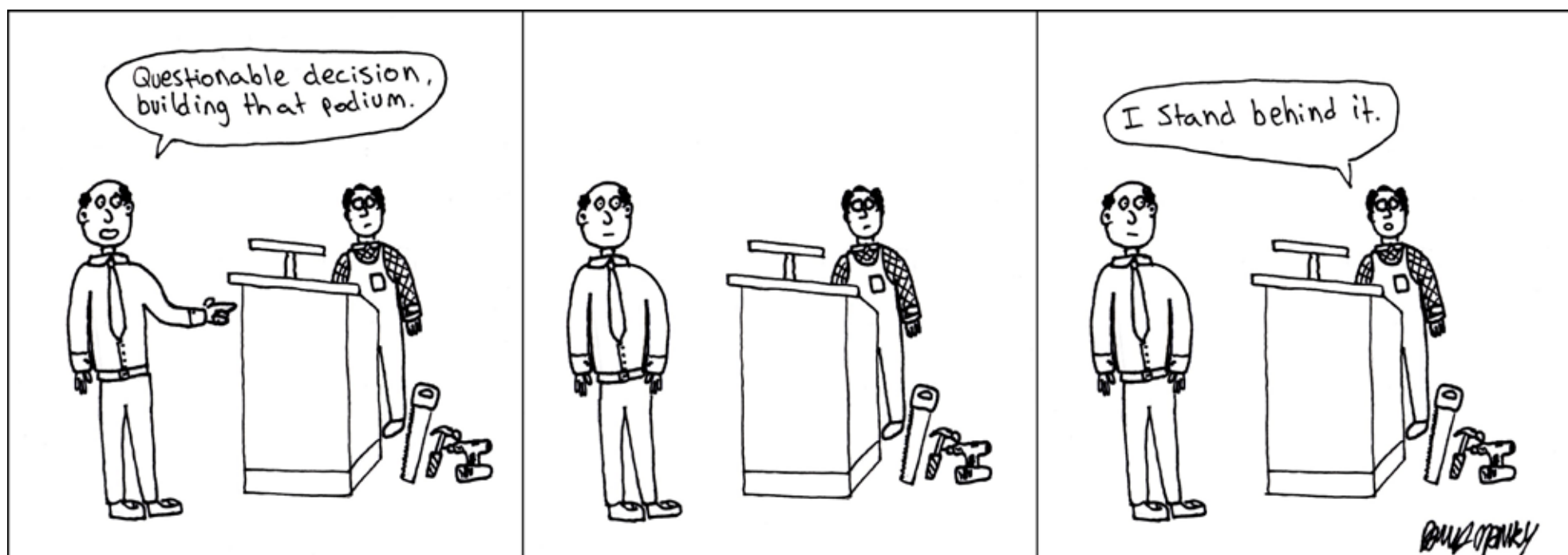
decline of quality BC Bud. City hall's lack of announcement addressing any of these things suggests they are no longer an issue! Happy news indeed!

Personal: You have three papers due this week, your professor never got back to you about that crucial concept you didn't understand, that girl still hasn't responded to your texts about going on another date, and your student loans officer still hasn't renewed them for next semester. Lack of communication always leads to excellent results: no news is good news.

Cosmological: NASA's top scientists continue to search for signs of life outside of Earth, a theory of everything, and signs of purpose amongst the void that is the hundreds of billions of galaxies that make up the universe. While theologians, philosophers, and psychologists continue to speculate on our value and reasons for being on this planet, no meaning of life has been found. Lack of interstellar prominence, evidence of a benevolent God, or higher purpose amongst the cosmos means we're probably here for an important yet currently unknown purpose. Probably.



by Chandler Walter, Humour Editor



by David Manky, Senior Columnist



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